

MASON COUNTY SENIOR MEALS

300 BROADWAY AVE. • SCOTTVILLE, MI 49454 • 231.757.5721



MENU



**PLEASE CALL
MEALSITES
FOR LUNCH
RESERVATION
BY 9:00 AM.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Water/hydration: As you get older your sense of thirst decreases, making it harder to tell when your body is trying to tell you it needs water. This can quickly lead to your body not having enough water that is required for so many important body functions and you become dehydrated. Eight, 8-ounce glasses of water is ideal.</p>				
<p>6 Meatballs in Gravy Fancy Nancy's Mashed Potato Brussels Sprouts Grapes Biscuits 1% Milk</p>	<p>7 Taco Tuesday Beans & Rice Lettuce & Tomato Peaches Tortilla Shell 1% Milk</p>	<p>8 Chicken and Rice Bake Roasted Broccoli Carrots Melon 1% Milk</p>	<p>9 Thursday Pizza Day Green Beans Veggies on Pizza Tropical Fruit 1% Milk</p>	<p>3 Baked Pollock Baked Potato Corn Fresh Grapes Dinner Roll 1% Milk</p>
<p>13 Jessica's Famous Cheeseburger Corn Potato Salad Applesauce Bun 1% Milk</p>	<p>14 Chicken Pot Pie Veg in Entrée Carrots Fresh Pears Pie Crust 1% Milk</p>	<p>15 Goulash Tomatoes in Entrée Spinach Cantaloupe Breadsticks 1% Milk</p>	<p>16 Lois' Famous Meatloaf Mashed Potatoes Prince Charles Blend Pears Dinner Roll 1% Milk</p>	<p>10 Pancakes Hash Browns Sausage Melon Wedges 1% Milk</p>
<p>20 Jeannette's Spaghetti w/Meat Sauce Asparagus Diced Peaches Garlic Bread 1% Milk</p>	<p>21 BBQ Chicken Scalloped Potatoes Lima Beans Fruit Mix Dinner Roll 1% Milk</p>	<p>22 Lasagna Cauliflower Warm Spiced Peaches Garlic Bread 1% Milk</p>	<p>23 Tamale Pie Carrots Tossed Salad Red Grapes 1% Milk</p>	<p>17 Pork Cutlet Red Skin Potatoes California Blend Oranges Sliced Bread 1% Milk</p>
<p>27 Memorial Day Observed No Meals Served</p>	<p>28 Jumbo Hotdog Baked Beans Coleslaw Peaches Bun 1% Milk</p>	<p>29 Chicken Breast Carrots Tossed Salad Red Grapes Wild Rice 1% Milk</p>	<p>30 Karen's Favorite Roast Pork Corn Squash Apricots Dinner Roll 1% Milk</p>	<p>24 Salisbury Steak Red Skins Green Beans Pineapple Dinner Roll 1% Milk</p>

PRICES
Age 60 and up: \$3
Under age 60: \$6

\$1 Lunch Days
Scottville & Tallman
Last Thurs. each month

Ludington Center
Serves Lunch on
Tuesdays &
Thursdays

Meals on Wheels
231-757-4831

Kitchen
231-757-5721

Meal Sites
Scottville 757-4705
Ludington 845-6841

**Note: Menus are
subject to change**

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845 6136 (Spanish). USDA is an equal opportunity provider and employer.